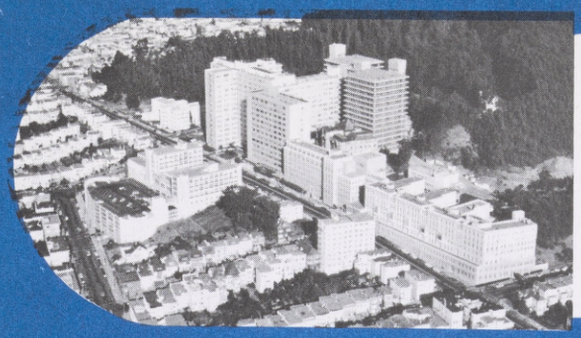


The Campus Bulletin

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO SEPTEMBER, 1971 Volume 4, Number 5

NEW LIFE FOR A TINY MISS FROM LAOS

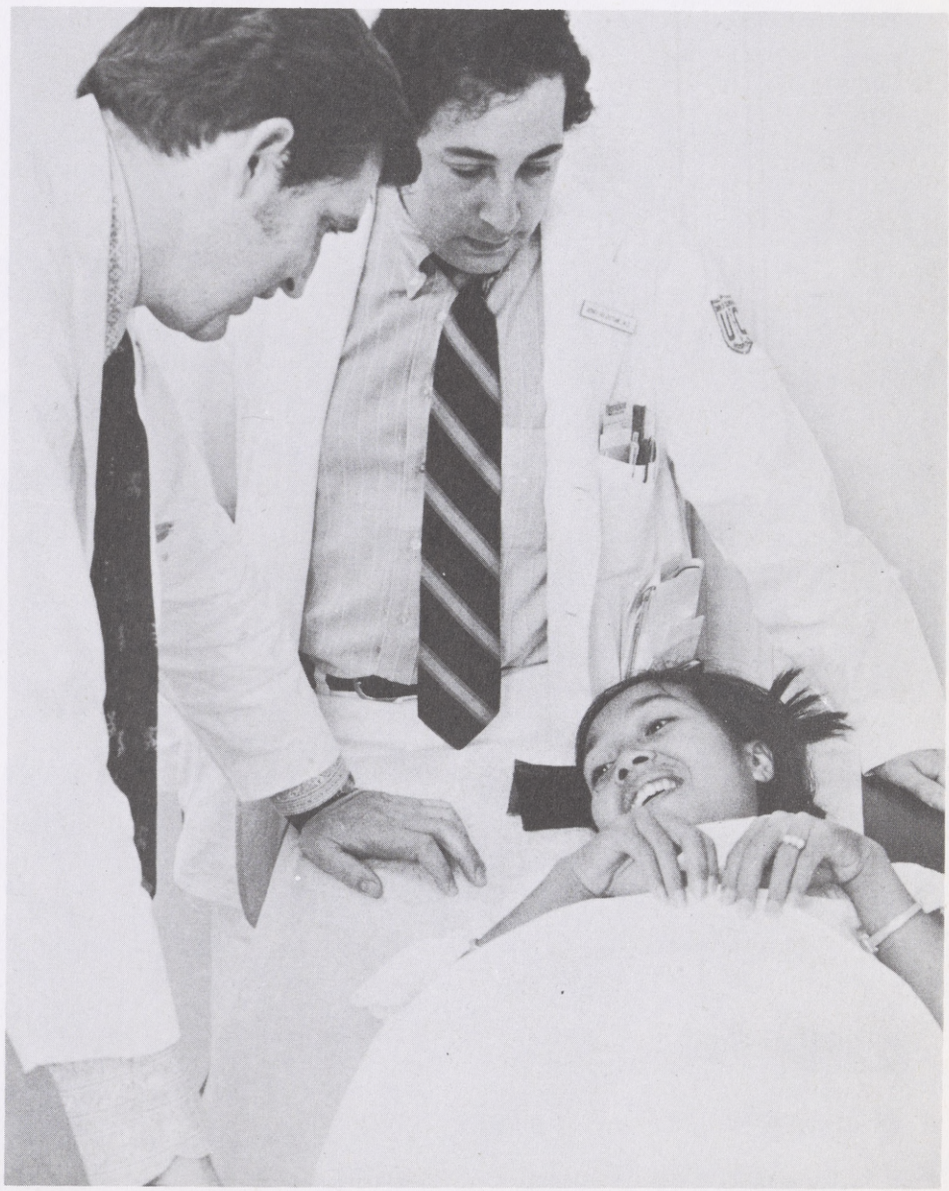
Sisavanh Maniprakone—a name that's hard to pronounce and perhaps even more difficult to forget by the people at UCSF who met the young Laotian school teacher this past spring. A little luck and a lot of good will helped Sisavanh Maniprakone undergo renovascular surgery at the University of California, San Francisco, medical center during April.

Twenty - four - year - old Sisavanh was the only teacher in a small Laotian village—and because she had not been well for more than three years, the governor of her province became concerned and contacted an American physician nearby.

They discussed the tiny woman's problem and the doctor asked to see Sisavanh. Upon examination he found that she had severe hypertension. He then sent her to the Thomas Dooley Foundation's hospital in Vientiane (for which he worked) where further tests were conducted. An arteriogram showed partial obstruction of the arteries serving one or both kidneys. It was evident that she would need the kind of treatment which was unavailable in that part of Asia.

Sisavanh's doctor sent her to Bangkok at his own expense to seek help from the American Embassy. Meanwhile another Dooley Physician, Dr. Waldo Shank-Jones of Santa Rosa, California, then serving a residency in Laos, wrote to UCSF's Dr. Dorothee Perloff, Associate Clinical Professor of Medicine, having heard her speak in Sonoma about the results of the surgical treatment of renovascular hypertension.

When Dr. Perloff received the letter



Final clinic visit: Drs. Donald Trunkey, Jerry Goldstone and Sisi

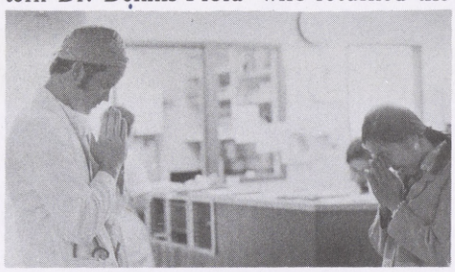
Breakfast at the Perloff home: Dorothee Perloff, Libby Drake, Philip Perloff and Sisivanh.

she contacted Dr. Edwin Wylie, Professor and Chief of Vascular Surgery in the Department of Surgery, UCSF. He in turn wrote back to the Embassy in Bankok expressing the Vascular Service's interest in the case and willingness to cover the cost of Sisavanh's medical care.

With the U.S. Department of State coordinating every step of her journey, Sisavanh was soon on her way to San Francisco. She flew as the guest of Pan American Airways and was accompanied by a Dooley Foundation nurse coming home on leave, Miss Libby Drake, and by Miss Joyce Klarn, a Pan Am stewardess and nurse.

Sisi, as she soon came to be called, arrived at Moffit Hospital, tiny and cheerful and unable to speak any English. Dr. Perloff was there to greet her and see to her comfort.

Even with Libby's capable interpreting, Sisi had her own way of communicating. It seems that her first night in the hospital fell on the Laotian New Year, a holiday on which it is customary to sprinkle water over the shoulder to exorcise evil spirits. Sisi duly "cleansed" intern Dr. Dennis Flora—who returned the



A Laotian farewell.

favor—and then did the same for surgical residents Dr. Donald Trunkey and Dr. Jerry Goldstone. They in turn cornered Dr. Wylie (who was hiding at the nurses' station!) and asked him to join the celebration. Standing on tiptoe beside her bed, Sisavanh shyly poured a cup of water over that distinguished head, eliciting the doubtful reply,

"Thank you. I think."

Sisavanh's hypertension was to be treated surgically, one of many cases treated in this manner at UCSF during twenty years of research in the use of arterial reconstruction operations to relieve hypertension. In Sisi's case, the relief of hypertension would also preserve her kidneys from eventual damage. The surgery was performed by a team of surgeons under the direction of Dr. Wylie.

When the complex operation was completed, Sisi's blood pressure returned to normal and remained stable. When she was able to leave the hospital, she and Libby Drake stayed at the Mill Valley home of Drs. Dorothee and Philip Perloff.

Bay Area weather was just beginning to turn warm, and Sisi enjoyed two beautiful weeks resting at the poolside, chatting

Sisavanh, Erika Perloff, Libby Drake

'WINE AND YOUR WELL-BEING': DR. LUCIA TALKS OF WINE'S MERIT

A physician-educator at the University of California, San Francisco, says: "wine is rated as one of the best all-around medicines known to man and it has enjoyed this enviable reputation for the past 4,000 years."

Dr. Salvatore Pablo Lucia, Professor Emeritus of Preventive Medicine at UCSF, suggests that wine is indeed a useful beverage to relieve tensions in these hectic times, to soothe our jagged nerves and to indice general relaxation and sedation.

In his new book, *Wine and Your Well-Being,* (Popular Library: 1971, 160 pp) Dr. Lucia quotes from the ancient Talmud: "Wine nourishes, refreshes and cheers. Wine is the foremost of all medicines; whenever wine is lacking, medicines become necessary."

And Dr. Lucia couldn't agree more. He has been touting the therapeutic value of wine during his medical career spanning some 40 years of teaching on the UC San Francisco Campus.

Wine, says Dr. Lucia, has had many distinguished mentors down through the ages including Socrates, Plato, Celsus (the Roman encyclopedist), and Biblical figures. Why is it, he asks, that so few doctors today have adequate knowledge of the physiologic, pharmacologic, and psychodynamic effects of wine?

"The answer," says Dr. Lucia, "perhaps lies in the spectacular advances of modern experimental medicine. Physicians are now demanding objective proof for each therapeutic substance they use. Such evidence as had existed for wine lacked the dramatic quality of the claims made for the increasing numbers of new drugs, both natural and synthetic."

Consequently, says Dr. Lucia, the overwhelming familiarity with wine and its logical use in medical practice has declined.

"Furthermore, an entire generation of physicians in the United States lost touch with the medical lore of wine during Prohibition.

"It was contended, falsely, that whatever value wine possessed was due solely to its content of alcohol, with the result that wine was finally dropped from the *U.S. Pharmacopeia*."

Today, with the increasing emphasis on nutrition and preventive medicine, researchers are finding renewed interest in the medicinal values of wine. According to Dr. Lucia, "superstition, tradition, and folklore about wine are now being fortified by modern scientific experimentation."

Dr. Lucia points out that more and more Americans have been forced to turn to the use of chemical relaxants and tranquilizers.

"But," continues Dr. Lucia, "because tranquilizers do act deeply and broadly upon the neuromuscular system, they can cause unpleasant side effects, depending upon the qualitative interactions of the host, his tissues, and the chemical nature of the agent . . . All tranquilizing agents carry some threat to psychic acuteness and physiologic function."

Dr. Lucia feels that "little by little, the secrets of wine will be disclosed and more and more significance will be attached to some of the empirical observations made by intuitive men of old."

in Lao or French with Libby, the Perloffs, their children, and many visitors and well-wishers. Sisavanh said that the view of the bay from the Perloff home reminded her of some parts of Laos—the water was dotted with small boats, the rolling Marin hills reflected the clouds' passing shadows. She began to look forward to going home. . . but not before fulfilling her wish to see a real American cowboy!

At the pool.

Confident that Sisavanh could travel comfortably, Libby arranged to take Sisi home with her to Austin, Texas. In Austin, Sisi became rather a celebrity. She took a shopping tour of a department store, visited a Texas ranch, and saw cattle and horses.

Late in May, Libby brought Sisavanh back for her final clinic visit. Dr. Trunkey found her fully recovered. . . and fully indoctrinated into American life. A new word had been added to her vocabulary: "Howdy!" But in departing, no words were needed: Sisi's beaming smile and slightly sad eyes said, "thank you. . . I shall never forget you. . . and I shall miss you all very much."

When Sisi returned to Laos, she was warmly greeted by an uncle with whom she lives. Her parents are rice farmers who live in a part of Laos that is in Communist territory, and they could not leave their home to be with Sisavanh. But they know she is well and they look forward to the possibility of a reunion one day. Sisavanh is the oldest of six children and has four brothers and a sister.

Tense moment as doctors sign final discharge slips for Sisi. Libby Drake looks more nervous than the patient.

What of Sisavanh now? Her letters to UCSF staff and friends indicate that her blood pressure remains normal, her health is much improved, and that she is back to teaching—French, Lao, history, mathematics, geography, and other subjects—thanks to careful surgery, caring people and maybe a little Laotian New Year good luck.

UC DOCTORS, STUDENTS, SIERRA CLUB SHAME 'LITTERPIGS'

"The litterbug is dead; now we have the litterpig!"—so says Anthony Bottone, M.D., president, UC Association of Interns and Residents.

The age of trash is now threatening the back country as well as accessible areas.

Young students, 16 to 21 years old, have just returned from a trip with the Sierra Club in the Yosemite National Park where they attacked the problem. Everywhere, signs of littering were found. Altogether, they collected almost 2 tons of trash, more than 111 sacks of recyclable litter.

Bruce Kingsley, a UC Davis student, led the trip. Medical coverage was provided by UCAIR members Dr. Bottone and Dr. Stuart Pickel. Both stated, "this represents our interest as physicians not only in hospital ecology but in all of the problems threatening the health of man in his cluttered environment."

They donated two weeks to the trip which was sponsored by the Sierra Club. Some students even remained behind to help set up a display in Yosemite Valley to educate the public.

According to Dr. Bottone, "Litter pigs are found everywhere, even in the backcountry of the Sierra. The litter-pig is far more devious and destructive than many imagine. He has feelings, guilt feelings of a sort, for he hides his trash in bushes, in fire pits, in streams, and even in crevasses of mountains. Drop some rocks within the crevasses of Half Dome, and the ugly symphony of trash will be heard."

One of the worst problems is aluminum lined paper. The paper will burn, but the aluminum gets scattered and is impossible to pick up.

Next year will be declared "Trash Year," to underline the problem. The motto, "Don't Trash Nature," will serve as a reminder. The 1972 project would combine studies of garbage disposal problems in urban areas, with encouragement of a public clean-up holiday whereby the public would engage in clean-up trips, bringing out more trash than they bring in.

Dr. Bottone and his House Staff Association members were proud to donate their services. Young doctors share the great concern of young people of this country for the environment, and are continuing to help. They are to be congratulated.

DR. BOTTONE EDITS YOUNG DR'S FORUM

A new publication was announced by Anthony Bottone, M.D., President of the UC Association of Interns and Residents: *Young Doctors Forum* will try to present many different viewpoints of young doctors and others concerned with the health care field. Biographies, editorials, and articles of current interest will be included.

The first edition includes an article on Project Mercury. It is estimated that hospitals dump more than 50 lbs. per year of Zenker's Solution (which contains mercury) into the city sewers. An expert in environmental control will present a method which he devised to dispose of Zenker's more safely.

Other articles will include Ward Rounds in Dallas, San Francisco, Oakland and New York City; National House Staff Conference: what it is and what it is not.

Associate Editor is Dr. John Mather, University of Maryland.

For subscription information, write National House Staff Conference Coordinating Committee c/o Department of Social Medicine, Montefiore Hospital, Bronx, New York.

Articles should be submitted to Dr. Bottone, 1027 Rhode Island Street, San Francisco, CA 94107

SCHOOL OF NURSING AFFIRMATIVE ACTION DISCUSSIONS

"Problems of racism in the health care system and especially within nursing will be the focus of discussion groups scheduled for the Fall Quarter by the School of Nursing's Faculty Action Committee," Ruth Fleshman told us. She is an assistant professor in the School of Nursing here.

Specific emphasis will be given to experiences black and other minority nursing students can relate directly from their knowledge as students and members of minority groups.

"A second series of groups are planned to explore in an interpersonal way some of the debilitating effects racism has had within the School of Nursing," she added. Leadership for both sets of groups will be drawn from Dr. Price Cobbs' panel on racial interaction processes.

Faculty and staff are urged to participate in these groups which are scheduled during regular working hours. Students may receive course credit if they wish through the mechanisms of Special Studies (Nursing 199) or Group Independent Studies (N248).

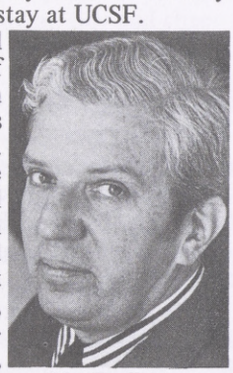
For further information on scheduling, contact Joan Leonard or Betsy Sprowles, extensions 1521 or 2191.

The experiences gathered during this first trial during the Fall will be used as criteria on directions for future groups.

REGENTS PROFESSOR CATER OFFERS CREDIT COURSE: POLITICS OF HEALTH

A special course in "The Politics of Health" will be offered during the fall and winter quarters by new Regents Professor Doublass Cater.

Mr. Cater, who comes with long experience as a writer, government advisor, scholar, will be a visiting member of the division of Ambulatory and Community Medicine during his stay at UCSF.



Mr. D. Cater

The course will consist of a series of lectures, some given by visiting speakers in health professions. Topics will include HEW and national health policy, health manpower, medical research, President Nixon's health plan, national health insurance, health lobbies, the role of the AMA, municipal government in health programs, and comparative national health care systems.

The class is open to all interested members of the medical center campus community. It will meet Monday afternoons, beginning September 27, from 4 p.m. to 5:30 p.m. in Room 303 HSW. Registered students may take the course as an elective, for 1½ units of credit. Others are welcome to audit.

Mr. Cater will act as chairman of the lecture series and discussion leader. He will also conduct a seminar for graduate and post-graduate students, working with them on individual projects related to the course.

A native of Alabama, educated at Harvard, Douglass Cater has had a professional career including experience in both political and health fields. An editor for *The Reporter,* he has held several government advisory positions, visiting professorships, and academic fellowships.

From 1964 to 1968 he served as Special Assistant to President Johnson, concentrating on developing the President's education and health programs.

Currently, Mr. Cater is a Guest Scholar at the Brookings Institution, where he is also Senior Advisor to the Academy for Educational Development and for whom he is making a study of the politics of education.

'HOW TO' WRITE WORKSHOP TO BE HELD IN OCTOBER

Writing Lab X426, a "how to do it" workshop designed for anyone who must write reports, letters, manuscripts, grants, etc., and who wishes to write effectively, will be held on three consecutive Saturdays in October, and is sponsored by Continuing Education in Nursing.

On October 16, 12 and 30, from 9:00 a.m. to 4:00 p.m., Heather Peto will instruct participants. The workshop objective is to help you become a more effective writer. It is action-oriented and will include demonstration and practice designed to help you.

The location is Room 1671 HSE. For registration or further information contact Continuing Education in Nursing, 1343 Third Avenue (666 - 1817).

The fee is $45, and 2 quarter units of credit are offered.

MAJOR SYMPOSIUM ON CHEMISTRY OF BRAIN, BEHAVIOR

On Thursday, October 7, the Continuing Education in Health Sciences department will present a three-day high-level conference entitled, "BRAIN CHEMISTRY AND BEHAVIOR: Mood, Motivation and Memory," under the chairmanship of Dr. James McGaugh, professor of psychobiology, UC Irvine, and Ruben Dixon, CEHS.

Thursday's program theme is sexual motivation and includes such topics as hormonal and anatomical contributions to human sexual behavior, and the nervious system and behavior.

Friday's session deals with mood and psychoses including a discussion on neurochemical aspects of schitzophrenia, and on biosynthetic enzymes in the brain.

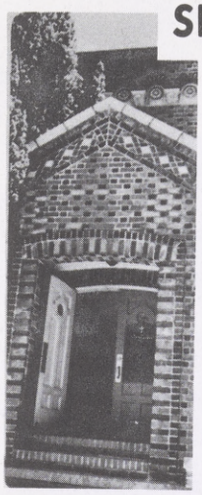
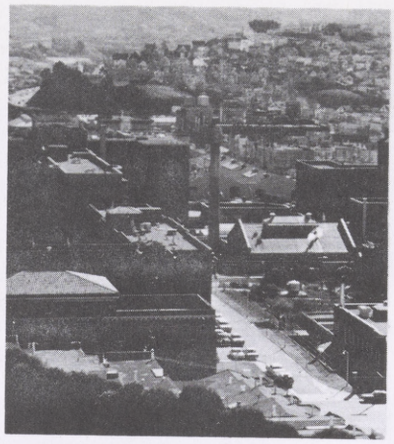
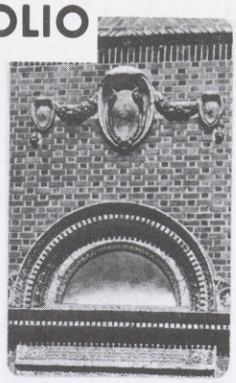
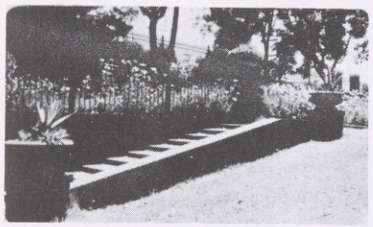
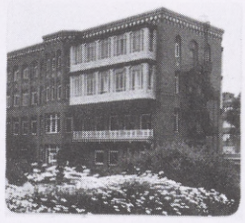
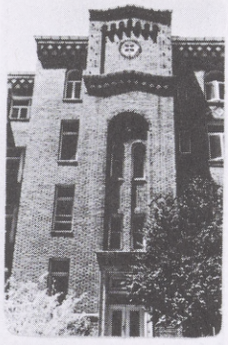
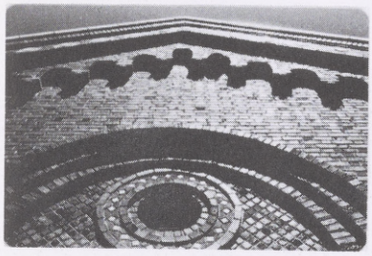
On Saturday, memory processes will be discussed. Discussants include Enoch Callaway, M.D., Professor of Psychiatry at UCSF; Arnold J. Mandell, M.D., Chairman of the Department of Psychiatry at UC San Diego; Bernard Agranoff, M.D., Department of Psychiatry, University of Michigan at Ann Arbor; Seymour Levine, Ph.D., Stanford; Bruce McEwen, Ph.D., The Rockefeller University; and nine more nationally known psychiatrists and psychologists.

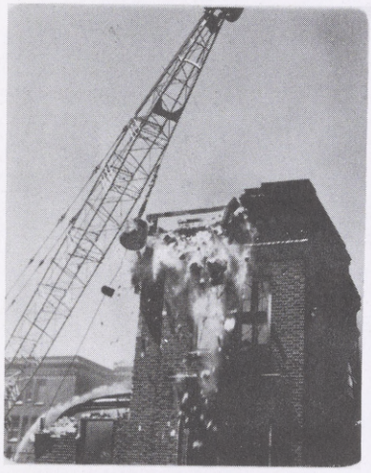
This conference reflects the remarkable effects that the investigation of the chemical bases of behavior has had on our understanding of such fundamental topics as Mood, Motivation and Memory. The impact of this research is truly multidisciplinary and will be of interest to a wide cross section of academic disciplines. The entire proceedings will be published at the earliest possible date.

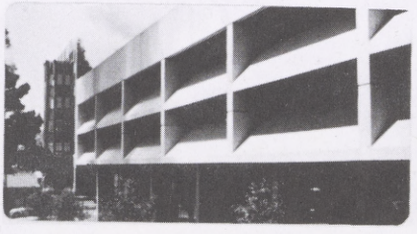
This program is acceptable for Group A credit toward the CMA certificate in Continuing Education and is accredited by the American Medical Association.

For registration write Continuing Education, University of California, 3rd and Parnassus Aves., (570 U), San Francisco 94122. The fee is $75. For further information, call Ruben Dixon, 666-1692.

SF GENERAL: A PORTFOLIO





SECOND ANNUAL AGGELER LECTURE: SICKLE CELL ANEMIA

The memorial lectures for Dr. Paul M. Aggeler, Professor of Medicine and chief of the Hematology Service at SFGH until his death in 1969, will take place on October 5 and 6 at San Francisco General Hospital and at UCSF.

Dr. Aggeler was a locally distinguished teacher and physician and an internationally known hematologist, particularly for his work on hemorrhagic diseases and his discovery of clotting Factor IX.

The Second Annual Aggeler Visiting Professor of Medicine will be Dr. C. Lockard Conley, Professor of Medicine and Chairman of the Hematology Division at the Johns Hopkins Medical Center. Dr. Conley will discuss "Development of Knowledge and New Approaches to Sickle Cell Anemia" at Medical Grand Rounds from 11:00 to Noon on Tuesday, October 5th, in the Carr Auditorium, as well as conduct the hematology and general medical ward rounds at SFGH.

On Wednesday, the 6th, Dr. Conley will discuss "Differential Diagnosis of Jaundice and Sickle Cell Anemia" at Medical Grand Rounds from 10:30 to Noon in the Medical Sciences Auditorium at UCSF.

The Paul M. Aggeler Memorial Visiting Professorship was established by Dr. Aggeler's friends and colleagues across the country shortly after his death. Contributions to the Aggeler Memorial Fund may be sent to the Department of Medicine, University of California, San Francisco.

HE SAYS HE'LL BE A 'STUDENT', HIS STAFF OUTFITS HIM TO A 'T'

A surprise farewell party was given on September 10 for Dr. Alan Margolis, Associate Professor and Vice Chairman of the Department of Obstetrics and Gynecology. This year he will take a sabbatical leave to become a Visiting Scholar at Princeton University—"but that's just a fancy title for a student," he says with a grin.

Dr. Margolis will spend the year studying demography—including the influences of such factors as abortion, contraception, and sterilization on world population.

"For many years I have been concerned with these factors as they affect individual patients. Now I want to look at the population situation as a whole—from the viewpoint of an observer instead of that of a physician."

Dr. Margolis is well known for his part in establishing the San Francisco Center for Legal Abortion. Recently he has been conducting tests on a new procedure for performing abortions in cooperation with Dr. Sadja Goldsmith, UCSF Lecturer in International Health, Director of Planned Parenthood's Teenage Clinic, and a staff clinician at the Center for Legal Abortion. Dr. Goldsmith was a special guest at the party as was Dr. Harvey Karman, Director of Psychosomatic Research at San Vincente Hospital, Los Angeles, who developed the new procedure.

There were surprises in store for the guest of honor and his associates. Dr. Margolis and Dr. Goldsmith were presented with an award of appreciation for their service to women in the field of abortion reform. Each received a commemorative tray from Miss Merle Goldberg of the Consumer Medicine Association, a national organization of women working for improved health care. She also presented Dr. Karman with a grant from the Project for Reproductive Health (New York) in recognition of his work in improving abortion techniques.

Two of Dr. Margolis' staff members, Anne Buchanan and Bonni Bunder, organized the party and presented him with a study lamp for use at Princeton. He also received a gift of two photographs, taken by Donna Chaban of the UCSF Public Information Office, showing him with three healthy youngsters whose lives he had saved by intra-uterine blood transfusions before birth.

As a final tribute, the staff presented Dr. Margolis with a little extra something for his student days. Opening the package, he displayed its contents shyly: a red, white and blue American flag T-shirt!

l-r: Dr. Alan J. Margolis, Dr. Sadja Goldsmith, Merle Goldberg who wears a multitude of hats including NOW (National Organization for Women) and Medicine Consumer Association. She presented awards to both doctors for role in abortion reform.

"Oh, NO!" – a going away gift from his staff was the red, white and blue American flag T-shirt.

NOVEMBER IS OPEN ENROLLMENT MONTH FOR UC EMPLOYEES

This year's group insurance open enrollment period will be during the month of November. At that time, employees can start, change or add to their insurance coverages under the employee benefits program. For further information, contact Mrs. Carole Trapp, Personnel Department, extension 1400.

FACULTY WIVES' ROLE: CAMPUS, COMMUNITY SERVICE

The Faculty Wives Association of the University of California, San Francisco, does not have teas.

What the Faculty Wives *do* have are more than a dozen projects from which to choose.

For instance, Pat Goyan heads the Student Loan Fund which provides money each year to several students unable to complete their final year of study because of financial problems.

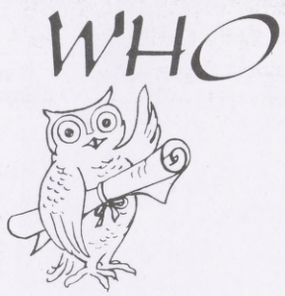
Margo Derzon heads the patients projects: in cooperation with Auxiliary and student wives' groups, the Faculty Wives have helped make over 1200 hand puppets for Pediatrics patients this year.

On Tuesday mornings, under the direction of Mary Jane Wellington, faculty wives "man" the Millberry Union Loan Closet, where household items of every conceivable size and shape are provided for foreign scholars and their families during their stay at UCSF. Can *you* contribute an old toaster, linens, utensils?

One of the chief functions of the faculty wives is to welcome new faculty and visiting scholars to this campus. This year's welcoming day will be a picnic on Angel Island, October 3rd (see next column) To help out, call Beth Martinez, 647-0140.

Special interest activities: Ruth Huebsch will lead a special exploratory walk on October 25 with lunch in an unusual spot. Call her at 661-0935. *Book discussion:* Call Jane Childress, 566-8702 for details of next meeting. *Bridge:* For information call Helen Greenberg, 731-2583 (beginners call Kay Orcutt, 731-4833). *Monthly meetings:* Marilyn Carman is meeting coordinator for this year and has some impressive plans including a talk in the Spring by Supervisor Dianne Feinstein.

For information on membership, activities or if you have any ideas, call this year's President, Joyce Featherstone, 564-6374.



FACULTY WIVES TO HOST STUDENTS AT PICNIC

On Sunday, October 3rd, the UCSF Faculty Wives' Association is holding its annual get-acquainted event for new faculty and visiting scholars: a picnic on Angel Island.

New members of the faculty and their wives should call Mrs. Robert Featherstone, president, 342-6933; or Mrs. Hugo Martinez, 647-0140; for reservations. The cost will include $2 for food for each family plus ferry boat tickets from Fisherman's Wharf to Angel Island.

Dental, medical and pharmacy students and their families are invited as guests of the Faculty Wives and their husbands. Boat fare and food will be provided. For acceptance, please call Mrs. Aubrey Metcalf (medicine), 587-3038; Mrs. Isadore Zipkin (dentistry), 585-3088; or Mrs. Joseph Hirschman (pharmacy), 661-3537.

BULLETIN BRIEFS

Louis K. Diamond, M.D., Professor of Pediatrics, will give the Seventh Annual Louisville Pediatric Society Distinguished Lectureship in Pediatrics for 1971. Well known for his work in pediatric hematology, Dr. Diamond will be in Louisville November 3-5.

* * *

David A. Wood, M.D., Director of the Cancer Research Institute and Professor of Pathology (Oncology), has been reappointed by the American College of Radiology to its Committee on Mammography and Diseases of the Breast for the year 1971-72.

* * *

Julius Leatherman has been appointed Stores Manager for the San Francisco campus, transferring from the Nursing Service Department.

* * *

Saul J. Robinson, M.D., Clinical Professor of Pediatrics, received an "Award of Appreciation" from the Irwin Memorial Blood Bank for his four years of service on the Blood Bank Commission. Dr. Robinson is also Chief of Pediatric Cardiology at Children's Hospital and former Chief of Pediatrics at Mt. Zion.

Dr. Robinson has seen thousands of young patients benefit from blood transfusions. Each week, half a dozen children under his care undergo heart operations and receive blood provided by donors.

Several times a year, Dr. Robinson travels to other parts of the West to conduct clinics in the treatment of pediatric heart patients for other physicians.

* * *

Gerson Jacobs, M.D., Assistant Clinical Professor of Medicine, has been granted a Fellowship in the American College of Cardiology. It is the College's highest membership classification.

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Just a few weeks ago people were asking, "what in the world are they building now?" – And before you could say, *"Dean of Students-Chuck Harlins-Chuck Story-Darlene Carter-Mildred Sauls-Jane Brill-Peter Lindberg-Theresa Hernandez-Dorothy Tanner-Marcia Mc Grew-Nancy Kull-Marcia Grumme-Carol Yamasaki-etc-etc-etc-etc"*, the new modular building which will house Student Services (including Dean of Students, Placement and Financial Aid) was up, just a few feet west of Millberry Union. Its clean lines blend well with the surroundings. A modular building is considered a "temporary" building, but this is a far cry from the "temporary" quonset huts of the post-war period. More temporary buildings should look like Student Services'—and you'll see it in the next issue of CB.